

# Carlsbad Paradise Café by the Sea

## September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu subject to change</b> <b>Reservations:</b> <b>760-602-4655</b> <b>! = 500+MG</b> <b>* = 300-500 MG Sodium</b></p>			<p><b>1</b> <b>Beef Stroganoff</b> Noodles Broccoli &amp; Cauliflower Tomato &amp; Cucumber Salad Dinner Roll Pudding <b>Monthly Dance:</b> <b>"The Cradit Union Trio"</b> <b>1:30 – 3:30</b></p>	<p><b>2</b> <b>Pecan Chicken</b> Country Gravy Parsley Potatoes Carrots, Biscuit Ice Cream &amp; Bananas </p>
<p><b>5</b> <b>Labor Day</b>  <b>Center Closed</b></p>	<p><b>6</b> <b>Swedish Meatballs</b> Parsley Potatoes Carrots Marinated Beet Salad Dinner Roll Fresh Fruit</p>	<p><b>7</b> <b>Pork Carnitas</b> Mexican Rice, Black Bean &amp; Corn Salad, Shredded Cabbage, Corn Tortillas Shredded Cheese Salsa, Sour Cream Orange <b>ALTERNATE SALAD</b> Greek Chicken Salad</p>	<p><b>8</b> <b>Grilled Chicken Thighs</b> Zucchini Sauté Yellow Rice Greek Salad, Pita Bread Cantaloupe <b>Monthly Movie:</b> <b>"My Big Fat Greek Wedding 2"</b> <b>1 to 3 p.m. Auditorium</b></p>	<p><b>9</b> <b>Philly Cheese Steaks*</b> Onions &amp; Peppers Provolone Cheese Steak Roll Roast Sweet Potatoes Mixed Green Salad Ice Cream with Berries</p>
<p><b>12</b> <b>French Onion Soup*</b> <b>Roast Beef* on a Bun</b> Horseradish Sauce Caesar Salad with Croutons Tropical Fruit Salad</p>	<p><b>13</b> <b>Chicken Cacciatore</b> Bowtie Pasta California Vegetables Garlic Bread Fresh Fruit <b>Armchair Theater:</b> <b>"Come Dance at My Wedding"</b> <b>1 to 3 p.m. TV Lounge</b></p>	<p><b>14</b> <b>Fish Florentine</b> Béchamel Sauce Spinach Parsley Potatoes Tomato Gratin Ice Cream with Pineapple <b>Alternate Salad</b> Chef Salad!</p>	<p><b>15</b> <b>Old Fashioned Meatloaf</b> Mashed Potatoes Mushroom Gravy Stewed Tomatoes Peas &amp; Carrots Wheat Bread Pudding</p>	<p><b>16</b> <b>Moroccan Chicken With Apricot Sauce</b> Herbed Couscous Grilled Vegetables Tomato, Cucumber Salad with Parsley &amp; Lemon, Pita Bread Cookies</p>
<p><b>19</b> <b>Cheese Ravioli*</b> Meat Sauce Parmesan Cheese Spinach Mixed Green Salad Garlic Bread Fresh Fruit</p>	<p><b>20</b> <b>Margarita Chicken</b> Cumin Rice Grilled Zucchini Fiesta Salad Ice cream with Berries <b>Armchair Theater:</b> <b>"Mothers &amp; Daughters"</b> <b>1 to 3 p.m. TV Lounge</b></p>	<p><b>21</b> <b>Liver &amp; Onions</b> Mashed Potatoes, Gravy Carrots Stewed Tomatoes Sourdough Bread Chocolate Pudding <b>Alternate Salad</b> Oriental Chicken Salad</p>	<p><b>22</b> <b>Ice Cream Social with Cowboy Jack</b> <b>Grilled Italian Sausage &amp; Peppers!</b> Italian Roll, Pasta Salad Caesar Salad Watermelon</p>	<p><b>23</b> <b>Ginger Beef</b> Rice Stir Fried Vegetables Oriental Cabbage Salad Mandarin Oranges Fortune Cookie</p>
<p><b>26</b> <b>Dijon Chicken</b> Dijon Cream Sauce Parsley Potatoes Vegetable Medley Dinner Roll Fruit</p>	<p><b>27</b> <b>Meat Lasagna*</b> Marinara Sauce Spinach Tossed Salad Garlic Bread Ice Cream with Peaches <b>Armchair Theater:</b> <b>"The Bouquet"</b> <b>1 to 3 p.m. TV Lounge</b></p>	<p><b>28</b> <b>Honey Glazed Ham! with Pineapple</b> Scalloped Potatoes Green Beans with Garlic Dinner Roll Apple Berry Cobbler <b>ALTERNATE SALAD</b> Tarragon Chicken Salad</p>	<p><b>29</b> <b>Potato Leek Soup Pastrami &amp; Swiss! on Rye</b> Coleslaw Crackers* Cantaloupe</p>	<p><b>30</b> <b>Chicken Paprika</b> Paprika cream sauce Rice Green Beans Carrot Raisin Salad Cinnamon Apples</p>



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**For information call: 760-602-4650**

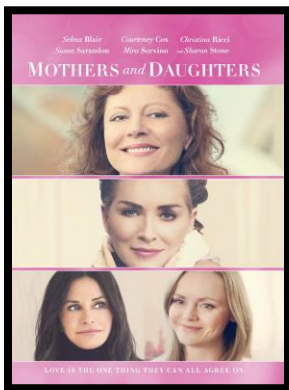
The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A **\$5 lunch fee** applies to **non-senior guests** of seniors.



Advance reservations can be made in person, by calling **760-602-4655**. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling **760-602-4655**.

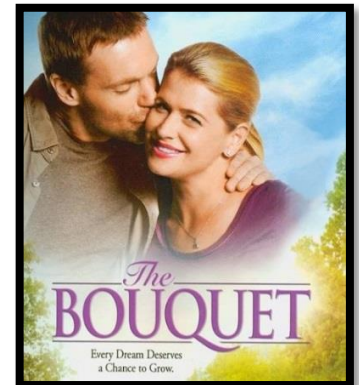
Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call **760-602-4652**.

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call **760-602-4650**.



Wednesdays, transportation alternates between shopping at Smart & Final, and shopping at Walmart. Call **760-602-4650** for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

**No eligible person will be denied a meal or transportation because of failure or inability to contribute.** This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.



### ***SEPTEMBER SENIOR SPECIALS***

9/1	11 a.m. to 12 noon	Lecture/Demonstration: <b>Heart Coherent Tai Chi Kung Short Forms</b>
9/1	1:30 to 3:30 p.m.	Monthly Dance: The Credit Union Trio Sponsored by: Carlsbad by the Sea
9/8	1 to 3 p.m.	Monthly movie: “My Big Fat Greek Wedding 2”
9/12	1 to 2:30 p.m.	Book Club: “Fear of Dying,” by Erica Jong
9/13	1 to 3 p.m.	Armchair Theatre: “Come Dance at My Wedding”
9/14	12 noon to 3 p.m.	Fall Prevention Awareness Fair
9/20	10:45 to 11:45 a.m.	Seminar: <b>Living Relaxed in a Stressed Out World</b>
9/20	1 to 3 p.m.	Armchair Theatre: “Mothers and Daughters”
9/21	10 to 11:15 a.m. 1 to 2:15 p.m.	Picasa – Alternatives to Consider Photoshop Elements – Organizing Your Photos
9/22	10 to 11:30 a.m.	Seminar: <b>Home Safe – Strategies for Aging in Place</b>
9/22	11:30 a.m. to 1 p.m.	Ice Cream Social with Cowboy Jack
9/27	1 to 3 p.m.	Armchair Theatre: “The Bouquet”
9/28	10 to 11:15 a.m. 1 to 2:15 p.m.	Photoshop Elements – Photo Editing Part 1 Photoshop Elements – Photo Editing Part 2

